

ABSTRACT OF THE DISCLOSURE

The present invention provides packaged food and a container for packaging food, in which a hole-sealing sheet which seals a vent hole formed at a portion of the container cannot so easily be peeled off but, when the food is heated by an microwave oven, the hole-sealing sheet automatically comes off at the time when the food contained in the container has reached the adequately cooked state. Specifically, the packaged food of the present invention is produced by enclosing food, which contains water or an aqueous solution by an amount suitable for heating by an microwave oven, in the container for packaging food, the container for packaging food having, on one side thereof, a surface portion made of plastic sheet, at least one vent hole being formed in the vicinity of the center of the surface portion, the vent hole being sealed by an adhesive hole-sealing sheet whose vertical peeling strength is no less than 1 N/cm in the temperature range of 40°C or lower and is no higher than 0.1 N/cm at the temperature range of 80°C or higher.